

School for

Housewives

by Marion Harland

Green Sweet Peppers Cooked in Various Ways



Cut out any imperfect places carefully.



The washing is an important point.

mixed with a tablespoonful of fine crumbs for each cupful. Wet with rich tomato sauce and fill the peppers. Stew with fine crumbs, arrange in a deep dish, pour more tomato sauce about them and bake.

Spanish Salad. (Contributed.)

Two quarts of diced celery to one quart of flaked cooked salmon, one raw tomato, cut into dice, and a little chopped onion. Mix with mayonnaise, season to taste, then fill cleaned peppers with the mixture. Place in ice until very cold and serve on lettuce leaves.

Stuffed Peppers. (Contributed.)

Minced shrimps and bread crumbs in equal parts. Worcestershire sauce, lemon juice, anchovy sauce, salt, pepper and butter to taste. Mix all into a smooth paste and stuff into cleaned peppers.

Peppers a la Creole. (Contributed.) Take equal parts of cold boiled ham, tongue, onions, tomatoes, mushrooms and stew in a half cup of butter. Fill cleaned peppers with the mixture and bake in tomato sauce until soft. Garnish with broiled rice.

How to Clean Peppers (Contributed.)

Plunge the peppers in hot salt water for five minutes. Take out and remove the outer skin, cut the top off and take the seeds out; lay in cold water until you are ready to use them.

Cuban Pepper Salad. (Contributed.)

Sliced potatoes, shredded red cabbage, shredded green peppers, in equal parts; one cup of "pencil strips" of cooked cold corned beef, half a chopped onion, one sliced cucumber. Mix all with mayonnaise, season to taste, serve upon lettuce leaves, garnish with quartered hard-boiled eggs.

Housemothers' Exchange

THE letter with which we lead off today is sprightly, and well worth the reading on that account. It is valuable, moreover, as throwing a new light upon a disagreeable but too often an important subject to the agonized housewife:

The despairing cry of a sufferer from an invasion of "red rovers" arrests my attention.

I saw one of the race for the first time a little over a year ago. I mistook it for a "lady bug"; took it up carefully on a bit of paper and deposited it safely on the lawn, thinking it would joyfully "fly away home" and rejoin its waiting family. The next morning I was undeceived, horrified and humiliated. I considered myself disgraced, and and forever.

All manner of remedies were suggested and tried faithfully, but the intruders were immune, and I returned from a long visit to find that they had increased and multiplied. I was in despair, when a friend—whose name should be written in golden letters—advised me to use formaldehyde. To my delight, it was a complete success. It was tried several months ago, and not one has put in an appearance since.

Apply the formaldehyde with a brush or a garden syringe. It is odorless and it does not injure the bedding. I am told that the "red rovers" hold their annual carnival in August and September, so I am preparing to meet the enemy. Formaldehyde is also a remedy for small red ants.

A WESTERN WOMAN.

Gasoline is rightly considered unsafe except in exceptionally careful hands. It should never be committed to the management of servants or heedless young people. While I regard it as an almost sure exterminator of the abominable "scarlet runners" we all shrink from naming, I hesitate to recommend it unreservedly. In our perplexity, our bright-hearted "Western Woman" steps in with a substitute, harmless to humankind, non-explosive, and warranted to kill the pestilential invaders. Will somebody else try it and report success through the exchange?

More Soap, Less Scum.

Let "Mrs. P." and scores of her sister housewives who have pinned their faith to galvanized iron washboards should be clean discouraged by the thought that the utensils must be thrown aside, a sensible conservative comes to the rescue of the boiler and to the cheer of the owner thereof: I should like to tell "Mrs. P." that I have had the same trouble in boiling

clothes of which she complains. It was while using water from a spring, and my "John" said it came from a mineral deposit—gypsum, I think—in the water. I never tried any "breaking" preparations, but from observation I learned that the more soap the less scum; and from that I reasoned that enough soap would do away with the nuisance. This proved to be the case upon trial.

If "Mrs. P." would use a bar of soap instead of half a bar, I think she would have no further trouble. The fact that the scum appears on the first and not on the second boilerful of clothes might be due to the addition of more soap with more clothes, or to the circumstance that all the mineral deposit rises in the first boilerful, leaving the rest of the boilerful clear.

M. J. B. (Mahomet, Ill.).

A Remedy for Onion Odors.

I notice in "Our Corner" frequent allusions to the offensive odor of onions upon hands and articles used in preparing this vegetable. If you will wash your hands in cold water, without soap, also letting the water run into dishes, etc., used for holding and cutting the onions, the odor will be dissipated. Even a kettle in which onions have been cooked will not retain the smell after a cold water-bath—without soap. There is no necessity for the hands to hold the odor longer than the time required for turning on the cold water faucet.

F. H. W. (Marionette, Wis.).

A useful and timely hint. Onions are palatable and nutritious when properly cooked (always in two waters). The pervasive and often annoying odor left in the house and upon the hands and breath banishes them from many households.

A Word of Praise.

I wish to tell the members around the "Council Table" that it would be worth while to try the recipe for canning beans given last year by "G. M. P." Salem, N. J. I mean string beans. I tried a few cans with perfect success, and I shall try many more this year. They were delicious.

Will some one give me a recipe for a cream dressing without eggs and without cooking? I want it for cabbage salad.

Two recipes for cream dressing without eggs are given in another column. In the same column appear the directions for packing down eggs for winter use sent you in response to the request of "A. G. H." Middletown, Pa.

THE POSSIBILITIES OF AN ORANGE



Quaint baskets can be made of the skins.

Some attractive ways of serving the fruit.

TIME was when the orange was a luxury; now it has become a necessity even to families of very moderate means. We have come to realize that this fruit is more than palatable—it is health-bringing, except where overacidity of the blood exists, and even then the orange may often be taken when all other fruit is forbidden.

Fortunately, with California's competition, and the rivalry between the Pacific coast and the sweeter but unsatisfactory fruit of the Indian river and other parts of Florida, the orange has become so cheap that it can form part of our daily menu. If cost is at all a question, then dispense with meat occasionally.

As a First Course.

When eaten for itself alone, the orange usually forms a first course at breakfast or a last at dinner and luncheon. Now, opinions differ very much as to the best way in which to treat it for this meal. Nine out of every ten people eat it in half and use a spoon. While this method is undoubtedly more sanitary than many others, it, to my mind, quite destroys the real flavor of the fruit. It also has the uncomfortable habit of spattering juices. This may be somewhat overcome if an orange spoon with a narrow bowl is used, but the best way is to remove the core and loosen the pulp from the skin, so each section may be lifted off intact.

Probably the neatest method of orange eating is to remove the skin entirely, get off all the pith with a sharp knife, then separate into sections. If the fruit has many seeds, they should be removed before they reach the mouth. An orange knife with jagged teeth and two small prongs at the top is useful for this purpose.

The fashion in tropical countries of paring an orange whole and then eating it suspended on a fork is, to say the least, unsightly. Scarcely less so is the somewhat prevalent habit of cutting the fruit in lengthwise unpeeled sections, holding an end in each hand and eating from the skin. If Burns had ever seen a woman in the process of thus disposing of an orange his appeal to "some power" for the gift of seeing ourselves as others see us would have been even more impassioned.

As a rule oranges are served whole in a dish or basket; the good orange thus bringing out the paler colors of less strongly toned fruits. There are, however, several faults and a few advantages in preparing oranges for some occasion—a children's party, for instance.

One of these is to have a platter edged with large green leaves, from which appear oranges cut to represent water lilies. Cut the peel lengthwise into narrow petal-shaped sections to within an inch or so of the bottom, folding the upper half of each back on itself. Then remove the core and separate the orange into its different natural divisions. Or the orange may be made two transverse cuts on each side of this space. Remove the two sections

of rind, scoop out the pulp with great care and throw the basket into ice water to crisp.

These baskets are extremely pretty when filled with a deep-tone orange jelly. Pistachio nuts can be scattered over a light-colored jelly, while the darker may be garnished with shredded almonds, or with whipped cream. Orange soufflé, orange ice with candied cherries in it or orange Bavarian cream, all are appropriately served in these baskets; also French vanilla ice cream, garnished with candied orange peel or violets.

Sometimes the two halves of the orange skins are used, filled with an ice or charlotte russe, and tied together with a pale yellow ribbon or with asparagus vine.

When salad is served in the orange skins the handle is omitted and but the one-half used. This may be set on a bed of fresh watercress.

A pretty dessert is to have a melon mold of vanilla ice cream, surrounded with the halves of small navel oranges that have been dipped in boiling syrup and jelly. A circle of whipped cream is massed on the outer edge. A round platter should be used.

Or the ice cream may be frozen in a circular mold, the center piled with raw sliced oranges and the whipped cream served in a separate sauce bowl or bowl.

Wine or lemon jelly makes a pretty

dessert when molded with oranges. Take small seedless oranges, peel them, remove every particle of the pith, separate in sections and remove the skin if it can be done without mashing the pulp. Fill the bottom of the mold with a little jelly, let it grow cool enough to hold, cover with the sections of oranges. Pour on more jelly, let it set, add another layer of the fruit, and repeat till the mold is full. When cold, serve with whipped cream heaped around it.

The gelatine should be kept liquid till wanted by putting it in a pitcher and standing it in a dish of boiling water. This fruit jelly is somewhat unusual in preparation and should be started early in the day. Remember, all jelly stiffened in the ice chest loses its flavor, so avoid it whenever the weather permits.

A novel way to serve oranges is to ice them till they look like balls of snow. Remove the skin and pith and run a thread through the center of each orange. Make an icing of whites of eggs and confectioners' sugar, allowing two eggs to a pound of sugar. Beat till quite smooth. Dip in each orange separately, fasten them to a stick, place the stick across a very cool oven and let them remain till dry. The oranges should be well coated and smoothed with a palette.

The following thoroughly tested recipes of a well-known caterer are interesting ways in which oranges may be prepared for dessert.

Recipes—Contributed or Edited by Marion Harland

A Summer Sago Pudding.

PUT a half pound of sago into a two-quart pudding dish, and pour water upon it until no more specks rise to the surface. Drain, and fill the dish two-thirds of the way to the top with tepid water, stirring in a scant half teaspoonful of salt. Cook over a slow fire until very thick.

Have ready in a bowl the yolks of four eggs, beaten light with a heaping coffee cupful of sugar, the grated rind of a lemon and the strained juice of two lemons. When you have beaten these ingredients to a rich cream, stir them into the cooked sago. Dissolve a pinch of soda in a cupful of sweet milk, and mix well with the pudding. Bake in a steady oven for twenty minutes, or until the pudding is "set," when cover with a meringue of the whites of four eggs whipped stiff, with four tablespoonfuls of powdered sugar.

Set the pudding now in a slow oven for half an hour longer. When quite cold leave on ice until next day. This will be enough for ten people, and will keep for several days. It is a nice Sunday dessert.

MRS. J. E. W. (Iowa).

Society Cake.

One-half pound of finely chopped almonds, one-half pound of sugar, one pound of flour, cinnamon to taste. Mix it all with one pound of melted butter; roll this dough one-half flinger thick; cover with any fine preserves. With the rest of the dough make bars as for cranberry tart; paint with egg and bake slowly. R. E. A. (Beachmont, Mass.).

Packing Eggs in Salt for Winter Use.

(By request of "A. G. H.") Put a thick layer of dry, fine salt in the bottom of a stone jar and pack the eggs in this, small end downward, covering each layer of eggs with salt until the crock is full.

After packing eggs as directed, place the crock in the cellar bottom in a cool, dark corner, where the wind from window or outside door cannot strike it. Keep the jar closely covered with a board or any tightly fitting cover. If

this is always replaced after the eggs are removed each time, as needed, I think you will have no trouble with the salt becoming hard.

On the contrary, I find it gets very wet, and I have never broken an egg when removing it from the salt, nor had one spoil. I have just used the last egg from a jar packed a year ago this month, and no one could have told it from a fresh egg.

B. B. W. (Wisconsin).

Cream Salad Dressing—No. 1.

(By request of "B. B. W.")

Beat a half pint of pure, rich cream stiff. Have ready the shredded cabbage that has lain in cold water for an hour, drain, sprinkle lightly with salt and stir into the whipped cream with a silver fork, turning and tossing until it is coated with the cream. Serve immediately. The cabbage must be tender and crisp.

Cream Salad Dressing—No. 2.

Beat a cupful of rich cream which is "just on the turn" for five minutes in a chilled dish. The cream should also be ice-cold. Add as you whip it a tablespoonful of powdered sugar, and just before you give the final beating, half a teaspoonful of lemon juice.

Marguerites.

Beat the white of one egg to a stiff froth, stir into it two tablespoonfuls of powdered sugar and four heaping tablespoonfuls of chopped walnuts. Mix well and spread upon long, narrow crackers. Set in a quick oven and color lightly.

Scalloped Hominy.

Rub a cupful of cold boiled hominy smooth with two tablespoonfuls of melted butter. Beat three eggs light and whip into the hominy and butter. Add a tablespoonful of sugar, a small teaspoonful of salt, and at the last two cups of milk, generous measure. Beat all very light and turn into a buttered pudding dish. Bake until "set," strew fine crumbs on top and brown.

Peppers Scalloped With Rice.

HALVE the peppers, taking care that the seeds do not touch the inner walls. Extract the seeds with equal care. Lay the halved peppers in boiling water and let them get perfectly cold in the cooling water. If this is done before cooking green peppers in any way, they will be mild and sweet, not offending the most tender mouth. They are also made tender by the process.

Mix with a cupful of cold boiled rice, two tablespoonfuls of Parmesan cheese, and one of melted butter. Salt to taste and fill the halved peppers with the mixture, rounding it neatly over the tops. Arrange in a pudding dish, cover and bake for half an hour, then uncover and brown.

Baked Peppers a la Creole.

Prepare the peppers as directed in the foregoing recipe, and when cold and firm fill them with forcemeat of a cupful of minced chicken, two tablespoonfuls of minced ham, one of fine crumbs and two of melted butter. Arrange in a bake dish, strew fine crumbs on top and pour about them a good

cupful of chicken gravy. Bake, covered, half an hour before browning.

A West Indian Pilau.

Prepare the peppers as I have directed, and, when cold, fry in butter. Drain and chop or cut into small pieces. In the outer left in the pan fry a small sliced onion and strain it out. Add to the butter three tablespoonfuls of chicken stock. Have ready a cupful of boiled rice which has been kept hot and dry in the oven. Turn it into a deep dish, boil up the stock, add the chopped pepper and pour over the rice. Loosen the rice with a fork to allow the peppers and gravy to penetrate the mass, and serve.

Fried Green Peppers.

Cut open lengthwise, taking care not to let the seeds touch the sides. Take out the seeds, slice the peppers crosswise and lay in boiling water until it and they are cold. Drain and wipe the sliced peppers and fry in butter. Serve dry, as an accompaniment to fish.

Peppers Scalloped With Fish.

Open, empty and scald the peppers as directed, and fill the halves, when cold, with a mince of fish, well seasoned and